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Food goes through the mouth into a tube which passes down to a stomach (*alle*) on the right side of the abdomen just above the navel. There is a second *alle* adjoining it, on the left, and here the body stores liquids, which reach it by a separate tube from the mouth. The two *alle* are joined by a third tube called *koḍalu* which "keeps them in balance," because liquid can flow through it to mix with the food or *vice versa*. The real mixing occurs however in the belly (*aḍi hotte*), which lies around and below the navel, and is a large organ. A tube connects the belly with each of the two *alle*. Here blood is prepared from the mixed food, and is sent to all parts of the body through arteries (*narambu*). The actual digestion is carried out with the assistance of a number of worms, about the size of a pencil though fatter in the middle. These worms remain alive in the belly and eat our food there. A man must have at least one big worm there or he will die. It is perhaps because they are living things that they need air. In any event, when breathing is occurring air passes through the two nostrils, the mouth, the eyes and the ears, by a single tube to the *nenju*, and then continues from there to the belly, where the air is needed for digestion. The evidence for all this is found in flatulence, and in cases where a patient's stool contains worms.

An important unit within the belly is the colon (*karu*), a tube about 3 cms in diameter which must remain vertical or else the patient will die. I have already described (6.58) how diarrhoea can result from a displaced colon, and the techniques for getting it back in position.

The head is important for sense, and it is recognized that the brain (*mu:le*) does the thinking. It is not however connected with the eyes, ears, mouth or any other organ. Speech originates in the belly, and the tongue (*na:lange*) helps in talking—its only function. The larynx (*suttage*) however has nothing to do with speech; it is simply the gateway through which tubes carrying air, food and liquid pass into the body.

Muscle (*keṇḍa* or *kaṇḍa*) is merely a swelling where, because a limb has been bent (i.e., "flexing a muscle" in our terminology), some extra blood gets stored up by constriction of the arteries. Similarly a fat stomach is caused by lack of exercise or manual labour, with the result that blood gets stored up in the stomach instead of circulating to the extremities. A fat person is nicknamed *balla hotte* (literally "Big Basket Belly"), and he wants little food